

RESIDENT REGISTRATION STARTS AUGUST 19TH

SENIOR CENTER

How to register:

Please see pages 2-3 for directions, for registration and for registration forms. Senior Center registration by Touch-Tone and Internet begin on **Thursday, August 19th**. Walk-in, mail-in, fax and non-resident registration begins on **Thursday, August 26th**. All classes begin the week of **October 4th** and run 10 weeks, through the week of **December 6th**, unless otherwise noted. All information is subject to change. **There will be no classes on Thursday, November 25th & 26th due to the Thanksgiving Holiday.** Thursday and Friday make-up courses will be held on **Thursday, December 16th and Friday, December 17th**.

Civic Center Senior Center (CCSC) Via Linda Senior Center (VIAL)
Phone (480) 312-2375 Phone (480) 312-5810
Fax (480) 312-2350 Fax (480) 312-5815

Palute Neighborhood Center (PNC)

Phone (480) 312-0040
Fax (480) 312-0010

Exercise and Health Courses

Aerobics - Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications and encouragement to work at your own level.

43223	CCSC	MWF	8-9a	\$70/\$105	Altfraid
40152	VIAL	MWF	7:45-8:45a	\$64/\$96	Robertson
40153	VIAL	Sa	7:45-8:45a	\$43/\$65	Altfraid
44517	PNC	T&Th	9-10a	\$56/\$84	Moore

Body & Mind - Class combines aerobics with beginning yoga techniques. Whip your heart, body and mind into shape while having a great time. The aerobics portion of the class focuses on a cardiovascular workout. The 2nd half of class will consist of yoga, stretching and developing strength and flexibility.

43224	CCSC	MWF	9-10a	\$70/\$105	Altfraid
43225	CCSC	Th	5:30-6:30p	\$28/\$42	Jung

Body Toning - All levels welcome. Class emphasis is on strength, toning and flexibility. Hand weights and stretch bands are used.

40154	VIAL	T&Th	7:45-8:45a	\$56/\$83	Fleming
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Chair Aerobics - Chair Aerobics class will perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional aerobic exercises.

40151	VIAL	Th	9-10a	\$26/\$39 Ball	
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Personal Fitness - Certified personal trainer/comedian, Alan Bockal keeps the class laughing. Class includes stretching, weights and keeping a health log.

43264	CCSC	M&F	10-11a	\$46/\$69	Bockal
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New!

Personal Fitness, Advanced - Course will include mat usage, which will be supplied by the center. Students are asked to bring their own hand-held weights and a couple of good jokes (which the instructor desperately needs.)

44500	CCSC	M&F	9-10a	\$46/\$69	Bockal
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New!

Pilates & Stretch - Practice a series of mat exercises that are developed to strengthen the core of the body (abdominals, low back, and hips), increase flexibility, and improve posture. Participation will help in developing mindful awareness of movement. All ages welcome.

44496	CCSC	Tu	5:30-6:30p	\$38/\$58	Jung
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Tai Chi, Beginning - A slow, graceful, rhythmic exercise, which promotes good health and improves balance and concentration.

43271	CCSC	Th	9-10:30a	\$33/\$49	Isaacson
40181	VIAL	Tu	11:30a-12:30p	\$32/\$48	Williams
40180	VIAL	W	9-10a	\$32/\$48	Isaacson

Tai Chi, Intermediate - Continuation of beginning Tai Chi, for more advanced students.

43272	CCSC	Th	10:30a-12p	\$33/\$49	Isaacson
40182	VIAL	F	9-10:30a	\$44/\$67	Isaacson
40183	VIAL	F	11:30a-12:30p	\$32/\$48	Williams

Yoga, Beginning - Strengthen, tone and align your body, release tension, restore vitality and improve posture. A system of exercises practiced to promote control over the body and mind.

43275	CCSC	M	11:30a-1p	\$38/\$58	Zumbrunnen
43276	CCSC	M	5:30-7p	\$38/\$58	Pagliuca
43277	CCSC	F	11:30a-1p	\$38/\$58	Wrubel
44547	STAD	T&Th	7:30-8:45a	\$55/\$82	Pagliuca
40188	VIAL	Th	10:30a-12p	\$39/\$58	Hayden
40189	VIAL	Th	5:30-7:00p	\$39/\$58	Panesar
44518	PNC	M	9-10:30a	\$46/\$69	Wrubel

Yoga, Intermediate - For advanced students or those who have taken beginning Yoga.

40190	VIAL	M	9-10:30a	\$57/\$85	Hayden
40191	VIAL	Th	9-10:30a	\$57/\$85	Hayden

Art Courses

Acrylic/Oil Painting - New and continuing students will learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract, or a non-representational form with ease. ***Supply list available at the front desk.**

43221	CCSC	Tu	9a-12p	\$70/\$105	Wrobel
43222	CCSC	Tu	1-4p	\$70/\$105	Wrobel
40149	VIAL	Sat	9a-12p	\$70/\$105	Murphy
40150	VIAL	M	9a-12p	\$70/\$105	Murphy
40148	VIAL	F	1-4p	\$70/\$105	Gulino
40147	VIAL	Tu	5:30-8:30p	\$70/\$105	Miller

Drawing I - Focus of the basic fundamentals of drawing. Emphasis is on composition, proportion, perspective and rendering techniques in pencil and charcoal media. Students learn to see as an artist sees a unique visual capability.

40160	VIAL	W	9a-12p	\$70/\$105	Shapiro
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New!

Drawing in Charcoal - Students will learn to create drawings in charcoal. Participants explore gesture, perspective, light and shade, while working to create atmosphere in their work. **Course is 8-weeks, beginning Monday, October 18th and running through Monday, December 6th. The course fee has been modified to reflect the current number of classes.**

44497	CCSC	M	9a-12p	\$61/\$92	Artac
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Pastel Workshop - New and continuing students will focus on techniques using pastels. Learn to develop a portrait, landscape, floral, abstract or nonrepresentational.

40171	VIAL	Th	1-4p	\$74/\$111	Schneider
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Jewelry, Beginning - Instructor will provide all materials and you KEEP the jewelry you make. This is a 1-day workshop, held on 10/20/04.

43258	CCSC	W	12:30-2:30p	\$19/\$27	Silverfox
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Jewelry, Bracelets - Create double stranded bracelets with a button clasp. This is a 1-day workshop, held on 10/27/04.

43259	CCSC	W	12:30-2:30p	\$19/\$27	Silverfox
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Jewelry, Crystal Jewelry - This class will focus on creating crystal necklaces and bracelets. This is a 1-day workshop, held on 11/3/04.

43260	CCSC	W	12:30-2:30p	\$19/\$27	Silverfox
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Matting & Framing - This matting class will teach the various techniques needed to select the best mat and frame style. Cutting for mats in bevel and straight cuts and assemble them into a pre-made frame. Matting in works in watercolors, drawing, pastels, pictures and other graphic mediums learned in this class.

40166	VIAL	Sa	9:30a-12:30p	\$68/\$103	Taylor
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Oil Painting, Beginning - For students with little or no experience. Focus on developing basic skills, explore color, style and various techniques.

40167 VIAL Tu 9a-12p \$70/\$105 Leonelli

Paint Workshop - Work in all mediums. For both beginning and more advanced students.

40168 VIAL M 1-4p \$70/\$105 Shapiro

40169 VIAL Tu 1-4p \$70/\$105 Shapiro

40170 VIAL Th 9a-12p \$70/\$105 Shapiro

Photography - Learn the basics of how to use a camera. Ascertain the various elements of design. Discover how to really see your subject matter before clicking the button. Topics will include composition, lighting, action portraiture, landscapes, architecture and still-life photography. Additional fee of approximately \$28 is required for textbook.

40172 VIAL F 10:30a-12:30p \$63/\$94 Gulino

Watercolor, Beginning - Emphasis on basic techniques of color mixing, washes, glazing and more. Good drawing techniques are reviewed.

43273 CCSC M 1-4p \$61/\$92 Artac

Course @ CCSC is 8-weeks, beginning Monday, October 18th and running through Monday, December 6th. The course fee has been modified to reflect the current number of classes.

40185 VIAL W 1:30-4:30p \$76/\$115 Lundquist

40186 VIAL F 9a-12p \$76/\$115 Lundquist

40184 VIAL W 6-8:30p \$76/\$115 Taylor

Watercolor, Intermediate - Course is for advanced students or for those who have taken the beginning course. More advanced techniques will be practiced. **Course is 9-weeks, beginning on Thursday, October 14th and running through Thursday, December 16th. The course fee has been modified to reflect the current number of classes.**

44389 CCSC Th 1-4p \$69/\$104 Artac



Foreign Language Courses

French, Beginning - Develop basic French speaking and listening skills from a native instructor. Learn basic sentence structure, pronunciation, and vocabulary with use of *French Made Simple*, Jackson and Rubio.

43253 CCSC Tu 10a-12p \$55/\$82 Grube

40161 VIAL Tu 9:30-12p \$55/\$82 Sievers

French, Intermediate - Continuation of beginning French.

43252 CCSC Tu 12-2p \$55/\$82 Grube

French, Advanced - Advanced level students focus on conversation and use of *Journal Francais d'Amerique*.

43251 CCSC Tu 2-4p \$55/\$82 Grube

Italian, Beginning - Focus on basic sentence structure, pronunciation and vocabulary necessary to develop speaking and listening ability.

43256 CCSC Tu 11a-12:30p \$55/\$82 Roberti

Italian, Intermediate - For students who have previously taken Dr. Pace's or Mary Roberti's Beginning Italian course.

43257 CCSC Tu 2:30-4p \$55/\$82 Pace

Spanish, Beginning - Introduction to language, pronunciation, numbers, and basic traveler's vocabulary.

40176 VIAL Th 8-10a \$63/\$94 Henry

Spanish I, Spanish Language & Mexican Culture for Travelers -

Introduction to the Spanish language, including discussions of Mexican culture and useful information when traveling to Mexico. The language portion of the class will focus on speaking in the present tense. Students will become comfortable when meeting Spanish speakers for the first time, asking for directions and engaging in basic conversation. No previous Spanish is required.

44378 CCSC Th 5:30-7p \$55/\$82 Brashears



Spanish II - Class will focus on the development of speaking skills using the present and past tense verb forms. Students should have some experience using present tense verb forms in Spanish. The class is designed to provide low-stress opportunities to practice Spanish in real-life situations. In this supportive atmosphere, students will improve their abilities to negotiate different verb tenses within the same conversation.

44379 CCSC Th 7-8:30pm \$55/\$82 Brashears

Spanish, Intermediate - Learn present tense verb endings and sentence construction. Read and translate background material in Spanish.

40178 VIAL Th 10:15a-12:15p \$63/\$94 Henry

Spanish, Conversational - Class will focus on conversation with an emphasis on communication, understanding and a traveler's vocabulary.

40177 VIAL Tu 9-11a \$7/\$7 Stubbs

Personal Development Courses

Bonsai Workshop - (2 5-week sessions) Create a Bonsai Tree from nursery plant material. An excellent art form for seniors combining creativity with gardening. * Completion of workshop I is a prerequisite for workshop II. Material fee required.

40155 VIAL Tu (10/4) 1-3p \$32/\$49 Winfield

40156 VIAL Tu (11/6) 1-3p \$32/\$49 Winfield

Bridge, Beginning - Introduction to the basics of bridge, includes instruction and hands on play.

43227 CCSC F 11:30a-1:30p \$38/\$58 Boblett

40158 VIAL W 7-9p \$34/\$51 Boblett

Bridge, Intermediate - Review the basics and then get into conventions and opening leads.

43228 CCSC F 9-11a \$38/\$58 Boblett

43229 CCSC Th 7-9p \$38/\$58 Boblett

40159 VIAL M 7-9p \$34/\$51 Boblett

Bridge, Advanced - Answers to questions about all phases. Extend the bidding and play of the hand to become an accomplished competitor.

43226 CCSC F 2-4p \$38/\$58 Boblett

40157 VIAL Tu 1:30-3:30p \$34/\$51 Boblett

Bridge, Supervised Play - Play in a regular contract bridge competition. The instructor will be on hand to assist players in correct bidding and play.

43231 CCSC T&W 1-3pm \$44/\$66 Davis

Creative Writing - From exploration of creative ideas to critique of finished writing, we address all genres-poetry to longer fiction and discuss what we read as a background.

43248 CCSC F 9a-12p \$61/\$91 Chorlton

40192 VIAL Tu 12:30-3:30p \$61/\$91 Robertson

Line Dancing, Beginning - For those who have no experience with line dancing.

40162 VIAL Tu 9-10a \$35/\$53 Schwarz

Line Dancing, Intermediate - Build on skills developed in beginning course.

40163 VIAL W 10-11a \$35/\$53 Schwarz

Mah Jongg, Beginning - The fundamentals and terminology are taught during practice games.

40164 VIAL Tu 1-3p \$49/\$73 Simon

Mah Jongg, Intermediate - For those who understand fundamentals, but want to improve.

40165 VIAL Tu 3-5p \$49/\$73 Simon

Poetry - Study poetry and its forms from all periods of history. Discussion of student pieces each week.

43265 CCSC Tu 9a-12p \$68/\$102 Mounsey

Senior Tap - Improve your memory and get fit, while having fun. Learn the techniques, terminology and basic dance steps of tap.

43267 CCSC Th 4-5p \$38/\$58 Campi

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Senior Tap, Intermediate - Course is designed for intermediate level students or for those who have completed the beginning level Senior Tap course.

44376 CCSC Th 5-6p \$38/\$58 Campi

Sewing & Alterations - All skill levels welcome. Learn how to sew or improve your sewing skills in a small class setting with individual attention for you and your project. Bring projects you need help with.

43268 CCSC W 6:30a-8:30p \$54/\$81 Walters

Swing Dance, Intermediate/Advanced - Six-count, East Coast Swing (sometimes called the Jitterbug), basic turns and turn variations. You will start with a quick review, then advanced through step combinations, styling, lead/follow techniques, and finally dips and tricks. **No partner needed.**

40179 VIAL M 5-6p \$63/\$94 Whyte/Meeks

Computer Courses @ Civic Center Senior Center

Computers, Beginning Windows - Designed for students with no experience using a computer. Basic definitions and computer functions are discussed. Develop basic skills using the keyboard and mouse. Computers operate with Windows XP.

44381 CCSC Tu 1-2:30p \$66/\$99 TBA

44380 CCSC Th 10:30a-12p \$66/\$99 TBA

Computers, Intermediate Windows - Continuation of Beginning Windows with an emphasis on file/folder management, the control panel, tools and utilities, explorer and a brief introduction to the Internet. Course is intended for students who use personal computers at least twice a week.

44382 CCSC M 1-2:30p \$66/\$99 TBA

44383 CCSC Tu 10:30a-12p \$66/\$99 TBA

Computers, Internet - Learn to navigate the Internet, use e-mail, download files and make purchases. Course is intended for students who use personal computers at least twice a week.

44384 CCSC Th 8:30-10a \$66/\$99 TBA

44385 CCSC Th 1-2:30p \$66/\$99 TBA

Computers, Your Digital Camera & Adobe Photoshop Elements - A great introduction to digital photography and the fantastic software for managing and modifying your images, Adobe Photoshop Elements. The digital portion of the 10-week course will focus on your digital camera, its functions and what to check for before shooting. The remainder will focus on Photoshop Elements - an overview of the program, the menu items, storage techniques and sizing your images for email and printing.

44501 CCSC M 10:30a-12p \$66/\$99 TBA

44502 CCSC M 3-4:30p \$66/\$99 TBA

Computers, eBay - 5-week course will take you through all the ins and outs of using eBay, but will focus on selling merchandise. Learn how to create an account and sell your own merchandise. A basic familiarity with the Internet is required. First 5-week course will begin on Tuesday, October 5th and the second 5-week course will begin on Tuesday, November 9th.

44386 CCSC Tu 8:30-10a \$33/\$55 Gonzalez

44387 CCSC Tu 8:30-10a \$33/\$55 Gonzalez

Computers, Word Processing - Beginning Windows is a prerequisite. Introduction to word processing concepts and techniques. Learn to create, save, open, edit, format and print. Course is intended for students who use personal computers at least twice a week.

44388 CCSC M 8:30-10a \$66/\$99 Gonzalez

New!

Computers, Excel - Learn the basics of entering and formatting data, addressing modes, formulas, functions, graphs using the pull down menu system. After the basics are covered, the instruction will be tailored to discuss types of spreadsheets requested by students. Participants should have a basic familiarity with the Windows operation system.

44516 CCSC Th 3-4:30p \$7/\$7 Kurtz

Computer Courses @ Via Linda Senior Center

SeniorNet Computer Courses

** Membership to SeniorNet is required in order to take computer classes. Register to become a member today.

SeniorNet 1-day Specialty Topic Workshops

SeniorNet will be offering a series of 1-day workshops on Saturdays at the Via Linda Senior Center during the fall session. For details and a schedule, contact the Via Linda Senior Center.

SeniorNet Membership

40174 VIAL 1-year membership \$40 per person

40175 VIAL 2-year membership \$60 per person



Computer, Introduction - Part I - Never touched a computer before or haven't used one in years? Not familiar with a mouse or modem? Learn how to identify the main parts of a computer system, plus how to use the mouse and keyboard. This course is a 4-session class (8 hours.)

**44480 VIAL M/Th \$30 9-11a Dates: Sept 20-Sept 30

**40143 VIAL Tu/F \$30 1-3p Dates: Sept 21-Oct 1

**40144 VIAL M/W \$30 1-3p Dates: Nov 29-Dec 8

Computer, Introduction - Part II - Basic computer concepts are covered with the use of Microsoft Suite 2003, including word processing, spreadsheets, database, introduction to Windows operating system and the Internet. (Computers Part I or mouse and keyboard familiarity required.)

**40145 VIAL M \$45 9-11a Dates: Oct 11-Nov 29

**40146 VIAL M \$45 1-3p Dates: Oct 4-Nov 22

**44481 VIAL F \$45 1-3p Dates: Oct 8-Dec 3

Computers, Fun with the Internet - This class will take you beyond the basics. Learn more advanced uses of the Internet. Work with e-mail attachments, downloading, and a variety of searching techniques. The course uses Internet Explorer and Outlook Express, not AOL. This course is a 4-session class (8-hours.)

**40140 VIAL TH \$30 1-3p Dates: Oct 7-Oct 28

Computers, Word 2002 Word Processing - Learn text entry, editing, page layout and paragraph and character format and adding graphics.

**40202 VIAL W \$45 1-3p Dates: Oct 6-Nov 24

Computers, Photo Imaging I - Use the Adobe Photoshop Elements software to learn photo retouching and image manipulation. Adjust color, brightness, contrast, move objects within a photo and much more. This is a 4-session class (8-hours.)

**44484 VIAL Th \$30 9-11a Dates: Nov 4-Dec 2

**40131 VIAL W \$30 9-11a Dates: Oct 6-Oct 27

Computers, Graphics - Create signs, greeting cards, calendars, scrapbooks, albums, newsletters and crafts. Uses Print Artist software.

**40142 VIAL Tu \$45 9-11a Dates: Oct 5-Nov 23

Computers, File Management - Are you always looking for files? Learn to create, move and delete files and folders. This is a 4-session class (8-hours.)

**40133 VIAL Th \$30 9-11a Dates: Oct 7-Oct 28

Computers, Photoshop Album - Uses the Adobe Photoshop software to organize all those digital photos. Then make slide shows, albums, and greeting cards. Learn to add music to slide show and burn a CD. This is a 4-session class (8-hours.)

**44485 VIAL W \$30 9-11a Dates: Nov 3-Nov 24

Computers, Quicken - Financial management, checks and registers, financial calendar, credit card accounts investment accounts, loans, budgets and reports.

**44483 VIAL Tu \$45 1-3p Dates: Oct 5-Nov 23

Learn About Computers!